

HOSHIKI MONTHLY

February / March 17

We've had a busy start to the year welcoming 12 new students, hosting a seminar with Kancho Terry Lim, Sempai Delphine's 1st Dan grading, numerous belt gradings and many students training hard to prepare for gradings in April and May.

WELCOME

Welcome to our new Junior students – *Charlie F, Emma, Liam, Lila, Sienna & Charlie W* in our Saturday class and *Paige, Tabitha, Liam, Jackson, Maddison & Matt* in our Monday class. It's great to have you all as a part of our club.

1st DAN GRADING

Congratulations to Sempai Delphine who successfully graded through to full 1st Dan. She began preparing last year and despite a setback she did not let the delay deter her, remaining focussed and continuing to train hard. Her patience and preparation resulted in a very high standard Shodan grading with exceptional timing, precision and well thought out yuksukos. Special thanks to Dai Sempai Lana for generously giving her time to partner with Sempai Delphine.



CROSS TRAINING

WITH KANCHO TERRY LIM & SOKE TONY BALL

As a freestyle martial art HKMA encourages members to attend seminars and train with other styles and instructors. Passing this knowledge on to the rest of the club allows HKMA to develop and maintain a rich knowledge base.

In February we were honoured to host **Kancho Terry Lim** and **Shihan Wayne Boyd** for a **Mushin Kan Aikido Seminar**. This is a combat style of Aikido and one Kancho has trained extensively in for many years. It was great to see so many HK students take advantage of this opportunity as Kancho and Shihan took the class through numerous self defence applications. We appreciate them taking the time to join us and share their expertise.



In March Sempai Geoff Abell attended an **Aikijutsu/Combat Judo Seminar** with Loong Fu Pai Martial Arts. He found the information invaluable and quite diverse from the predominantly impact training at HKMA.



A few weeks later Kyoshi Matt and Sempai Geoff attended a Knife Seminar with **Soke Tony Ball** of **Fudoshin Bujutsu** who is one of Australia's most experienced and high ranking martial artists, especially in the area of weaponry. The seminar covered many drills, techniques and defences in regards to handling and defending against a knife.

Sensei Chris, Kyoshi Matt, Soke Tony, Sempai Geoff, Sensei Trevor, Sensei Bernard

UPCOMING KICKBOXING FIGHTS

Riley B has been training hard to fight in April. He will be fighting on **Saturday 22nd April**. Fights are held at Lilydale Community Youth Club, Market St, Lilydale. Keep an eye on our Facebook page for updates regarding what time we think he will be fighting. Try and come along to support him if you can. Special thanks to **Sempai Geoff** and **Jason** for all of their help training Riley over the last few months.

GRADING RESULTS FOR FEBRUARY / MARCH

JUNIORS

Congratulations to *Liam, Charlie W, Emma, Sienna, Lila & Charlie F* on attaining their 9th Kyu (yellow bars)



Congratulations to *Matt, Jackson G, Paige, Tabitha, Henry & Maddison* on attaining their 9th Kyu (yellow bars)



Congratulations to *Finn & Lachie* on attaining their 7th Kyu (green bars)



Congratulations to *Eshan, Toby, Elise, Morgan & Riley H* on attaining their 5th Kyu (red bars)



SENIORS

Congratulations to *Damien* on attaining his 5th Kyu (red bars)



Congratulations to *Jason* on attaining his 1st Kyu (black bars)



STUDENT PROFILES

JUNIORS

Elise - 5th Kyu (red bars)

Hi, my name is Elise and I'm 6 years old, turning 7 in a few months. I go to Holy Spirit Community School and I'm in grade 1. At school I like writing, learning and playing in the sand pit with my friends. After school I enjoy having swimming lessons and swimming in our pool when it's hot.

At home we have a drum set. My brother Lucas has been having lessons and I had my first lesson a few weeks ago. We also have monkey bars that we like to play on and lots of trees for climbing. I also love making loom bands. We have 11 pets, 1 dog, 3 chooks and 7 goldfish. At Martial Arts I enjoy learning Kata, sparring and playing poison ball.

Eloise - 5th Kyu (red bars)

Hi. My name is Eloise. I am in year 4 and I go to Oxley Christian College. I play the violin and I like to draw. I am turning 10 years old in April.

I have 2 older brothers: Luke and Thomas, and a pet cat named Lucie. I like karate because I can learn how to defend myself against mean people and my brothers too! I am always positive and outgoing, smiling, and I like to make my friends laugh.

Lachie - 7th Kyu (green bars)

Hi, my name is Lachie and I am 8 years old. I currently am a yellow belt. My favourite sport is cricket. I like riding my 24 inch bike with friends.



James - 8th Kyu (yellow belt)

Hi my name is James. I like basketball and cricket. I am going for my green bars in karate. I love writing and I love maths. I also like to play sport at school and at home. I have a brother named Andrew and a sister named Sarah. I barrack for Carlton Football Club.



APRIL / MAY Blitz

Grab a copy of the latest Blitz Martial Arts Magazine. As well as lots of great articles and drills from numerous styles, turn to pg 15 to read out our latest Junior Black Belts.



A group of HKMA's happy Junior Black-belts

Meet the future of freestyle

After nearly five years of hard slog at Melbourne's Yoshie Kikou Martial Arts (HKMA) Academy, 13 junior martial artists recently earned their Junior Black belts (equivalent to a 3rd Kyu/Red belt in the senior ranks). HKMA founder Shihan Matt Charney, 5th Dan, said the grade was well earned by the students, who ranged in age from eight to 12 years old.

In the grading, the group was examined on a variety of stand-up and ground self-defence skills as well as kata, written and verbal Japanese translations, and multiple impact and combat rounds. Chief instructor Charney was impressed by his charges' efforts under pressure, as they performed before some 60 spectators and around 20 HKMA Black-belts.

"The focus, discipline and self-motivation shown by these Junior students far exceeds their age," said Charney. "We are extremely proud of the entire group – they have been asked to really push themselves beyond their comfort zone and sacrifice other activities, and have done so with great tenacity and determination. The future of Yoshie Kikou Martial Arts looks bright with these youngsters showing such maturity and poise."

The new Junior black-belts had been training consistently together since February 2012, with some of the students having first stepped on the mats at only four or five years old.

"It is rare for such a large group of Juniors to stick together for so long so cohesively, they have encouraged, challenged and supported each other and now have built an unbreakable bond by completing their Junior Black-belt together, as well as providing a great example to the lower ranked Junior classes," said Charney. "Renshi Maree (Charney, 4th Dan) and I have really looked upon this group of young martial artists as part of our extended family."



LOONG FU PAI TOURNAMENT TRAINING

Training for the next Tournament **commences on Sunday 23rd April at 9am** and will run for 3 weeks. The tournament is on **Saturday 13th May 2.30pm – 7.00pm (approx.)** and all students are welcome to enter. Please let us know if you'd like to compete. If you've not been in a tournament before it's a great experience and our HK group always have a lot of fun competing and cheering each other on.



The Adventures of Master Hosh & Yoko Geri

Episode 10

Master Hosh and Yoko Geri travelled on – Master Hosh forever thinking, contemplating his life and its meaning; Yoko, full of enthusiasm, continually asking questions and learning from his master.

"We need to find more people Yoko; I crave some diverse company and ways of life."

"Yes, I agree master, we have been travelling for so long and have hardly encountered another living soul, maybe we could stop and stay with a friendly tribe for a few days?"

"Come on then Yoko, let's go. We can learn much and teach much wherever we go. We must endeavour to take something valuable from every section of humanity Yoko, for only then can we become fully rounded."

So our two travellers set off to find another community of people.

TRAINING TIP

“To become truly proficient, consistent attendance is vitally important as in Martial Arts we have so many skills to master. Setting short term goals can help you remain focussed and motivated to train”

QUOTE OF THE MONTH:

“The traveler that drags their feet only kicks up dust”

See you at training,

Kyoshi Matt and Renshi Maree